

Different Perspectives on Sustainable Housing for Seniors

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Different Perspectives on Sustainable Housing for Seniors

- **Preliminary results from an on-going research study** on how to create sustainable in-between housing for seniors and different perspectives on sustainable housing for seniors on a micro and macro level.
- **Project DIABAHS** - a collaboration between Chalmers University of Technology and FoU i Väst/ The Gothenburg Region of Local Authorities
 - Four different building projects in municipalities located in the Gothenburg Region
 - All cases target seniors above 65 years.
 - The cases represent buildings in different contexts and phases

Background

- An ageing society
- A housing stock that does not correspond to the needs
- An increase of "In-between housing"
- A need to consider all aspects of sustainability, in a long term perspective

In-between housing



- Types of housing in-between the ordinary housing and the special housing (residential care, nursing homes).
- A concept including different types such as *Senior housing (55+)*, *Cohousing for seniors*, and *Extra Care housing* (in Swedish 'Trygghetsboende', 65+).
- Little is known about the outcomes of such housing and how these should be designed to contribute to a sustainable society.

Ongoing research study

- **Three different cases**

- newly built apartments with tenancy right for people above 65 years.
- the cases are located in different contexts and involves different construction clients, architects and public real estate owners.
- the municipalities are of different sizes and reflect a small, a medium size and a bigger municipality.

- **Different perspectives of sustainable housing for seniors**

- macro level: different actors of society
- micro level: senior tenants





Research questions

- What is described as important regarding sustainable housing for seniors?
- How does the design of in-between housing influence the motives behind wanting to move there?
- What is perceived as a reasonable rent for a new built apartment in senior housing, and how does it correspond to the actual rent?
- What similarities and differences can be discerned between the images of sustainable housing from a macro and micro level perspective?

Mixed-methods

- (a) Data from a workshop with different actors
- (b) A questionnaire and interviews targeting senior residents in three cases
- (c) Statistics collected from the land lords about the rental costs, the age and gender of the tenants

** The project was reviewed for ethical approval by the Regional Ethical Review Board in Gothenburg*

Workshop

28 participants

6 persons from pensioner organisations

9 working with city planning

4 working with elderly care

3 construction clients/landlords

5 architects or working with regional planning

Themes discussed

Health and wellbeing

Equal conditions and participation

Long-term economy



Questionnaires and interviews

Case 1

Sixteen out of 24 households answered the questionnaire (n = 11) or participated in an interview (n = 5) (67 % response rate).

Case 2

Fourteen out of 28 households answered the questionnaire (50 % response rate).

Case 3

25 out of 58 households answered the questionnaire. (43 % response rate).

The three cases

	<u>Case 1: 70+</u>	<u>Case 2: 65+</u>	<u>Case 3: Extra Care Housing, 65+</u>
Year built	2015	2018	2017
Number of apartments	24	28	66
Apartment sizes*	2-3 rooms	1-3 rooms	1,5-4 rooms
Location of housing	Small municipality with 15.790 inhabitants	Medium size municipality with 40.390 inhabitants	Bigger municipality with 66.121 inhabitants
Location of apartments	Separate house	Separate house	Two separate houses
Common space for activities	No**	No**	Yes
Allocation rule	Queue list	Special rules, prioritizing older people in the neighbourhood	Queue list and via Boplats Göteborg***

The tenants

	Case 1: 70+	Case 2: 65+	Case 3: Extra Care Housing, 65+
Age	M: 81 years Range: 64-95 years	M: 77 years Range: 66-97 years	M: 76 years Range: 61-97 years
Gender	Women: 18 (56 %) Men: 14 (44 %)	Women: 26 (63 %) Men: 15 (37 %)	Women: 39 (61 %) Men: 25 (39 %)
Living alone	15/24 (62 %)	17/28 (61 %)	46/63 (73 %)
Home care	3 (27 %)	2 (13 %)	14 (52 %)
Independence in daily activities	Cannot do shopping: 2 (12 %) Cannot do cleaning: 1 (6 %) Cannot climb stairs at all: 4 (25 %)	Cannot do shopping: 1 (7 %) Need help when climbing stairs: 3 (21 %)	Cannot do cleaning: 6 (24 %) Cannot do shopping: 3 (12 %) Cannot climb stairs at all: 4 (16%)

Does the design...affect the reasons to move?

	Case 1: 70+	Case 2: 65+	Case 3: Extra Care Housing, 65+
Three most important reasons to move	<ul style="list-style-type: none"> • Ageing and lack of energy • Planning for future needs • Closer to service and shops 	<ul style="list-style-type: none"> • Ageing and lack of energy • Planning for future needs • Easier maintenance 	<ul style="list-style-type: none"> • Ageing and lack of energy • Planning for future needs • Wish for social community
Three most important reasons behind the choice of housing	<ul style="list-style-type: none"> • Closer to service • Balcony/patio • Housing for seniors 	<ul style="list-style-type: none"> • Housing for seniors • Balcony/patio • Good accessibility 	<ul style="list-style-type: none"> • Housing for seniors • Housing with social community • Balcony/patio

Actual and experienced rent

	Case 1: 70+		Case 2: 65+		Case 3: Extra Care Housing, 65+	
Cheapest apartment	2 rooms (60 m ²)	7000 SEK/month	2 rooms (46 m ²)	6006 SEK/month	1,5 rooms (54 m ²)	8830 SEK/month
Most expensive apartment	3 rooms (72 m ²)	8800 SEK/month	3 rooms (68 m ²)	7753 SEK/month	4 rooms (101 m ²)	15764 SEK/month
Costs per square-meter	1430 SEK/m ² /year (140 EURO/m ² /year)		1482 SEK/m ² /year (145 EURO/m ² /year)		1943 SEK/m ² /year (190 EURO/m ² /year)	
Resonable rent	20 %		75 %		25 %	

The tenants' ideas of what they think characterize good housing for seniors



Sustainable housing for seniors – a comparison (1)

	Aspects of sustainable housing for seniors on a <u>macro level</u>	Aspects of good housing for seniors on a <u>micro level</u>
Health & Wellbeing	<ul style="list-style-type: none"> • Good accessibility/independence • Close to service • Places to meet • Active life • Mobility • Not housing for certain categories • Housing allowing for different cultures and lifestyle 	<ul style="list-style-type: none"> • Good accessibility and usability • Easy to maintain • Light and airy • Washing machine and dishwasher • Balcony • Visits by nurse/good contact with health care • Safety • Social community/social cohesion • Close to service (also public transport) and green areas • Nice outdoor environment/surroundings

Sustainable housing for seniors – a comparison (2)


	Aspects of sustainable housing for seniors on a <u>macro level</u>	Aspects of good housing for seniors on a <u>micro level</u>
Equal conditions and participation	<ul style="list-style-type: none"> • Good accessibility on all levels, in the apartment, building, neighbourhood and city • Possibility to influence the rent • Possibility to use public transport, bike, electric wheelchair etc. 	<ul style="list-style-type: none"> • Good accessibility and usability • Reasonable rent • Close to public transport
Long-term economy	<ul style="list-style-type: none"> • Flexible plan • Flexible usage (tenancy, ownership, ages) • Better coordination across different sectors • Standardized building processes • Preventive actions • Co-usage of facilities 	

Preliminary results (1)

- **What is described as important regarding sustainable housing for seniors?**
 - Good accessibility/usability
 - Easy to maintain
 - Close to service/communications/green areas
 - Balcony
 - Reasonable rent
 - Open/flexible plan
 - Social contacts
- **How does the design of in-between housing influence the motives behind wanting to move there?**
 - Similarities between the seniors' ***motives to move*** (e.g. *Ageing and lack of energy, Planning for future needs*)
 - The differences in motives behind the choice of a dwelling, have been interpreted as reflecting different characteristics of the three cases (*close to service/social community*)
 - Similarities between the cases in the tenants' ***reasons to choose an in-between housing*** (e.g. *Housing for seniors, Balcony/patio*)

Preliminary results (2)

- What is perceived as a reasonable rent for a new built apartment in senior housing, and how does it correspond to the actual rent?
 - No direct link between the size of the rental cost and the perception of it as reasonable
- What similarities and differences can be discerned between the images of sustainable housing from a macro and micro level perspective?
 - The theme *'Health and Wellbeing'* came up on both the macro and micro level.
 - The theme *'Equal conditions and participation'* came up at both levels to some extent.
 - The theme *'Long term economy'* which deals with the long term economy of the society, was not brought up spontaneously on the micro level.
 - The seniors described unique aspects about the *aesthetic dimension and the soft values of the housing environment.*



Questions? Discussion